

EDUCATIONPLANNER.orgSM

Middle School Activity Book



With **EducationPlanner.org** you can turn your adventures into a life-long career.

Dear Middle School Student,

Lots of kids your age are using www.EducationPlanner.org to help them to become better students, think about what they want to do when they grow up and to make sure they know how to achieve their goals.

*Planning early helps to make dreams come true, and
www.EducationPlanner.org makes planning fun!*

You can get a jump on your planning by exploring www.EducationPlanner.org often. Once you've completed middle school, you'll find that [EducationPlanner.org](http://www.EducationPlanner.org) also has great information that you will need throughout junior high, high school and even beyond! www.EducationPlanner.org can be your source of solid information for many of your life's biggest decisions.

This Activity Book is a companion to www.EducationPlanner.org to help you explore the website and have some fun finding information to realize your dreams and goals.

Remember that [EducationPlanner.org](http://www.EducationPlanner.org) is a free website that you can access on any computer. If you are 13 years or older, you can also save many of the areas you explore on this website in "My Planner." www.EducationPlanner.org also offers information for your parents so share this website with them! Also share your completed activities with your parents so they know how you are planning to make the most of your future.

Enjoy the activities and exploring www.EducationPlanner.org while learning about yourself and the opportunities you have ahead of you.

What Are Your Personality Types? / Learn About A Career

Go to the **Discovering** section, click on “Career Assessment,” then click on “Take the Career Key Assessment” to answer the questions.

When you complete the Career Key Assessment, you will receive Holland Personality Type Scores. For each personality type, list your scores here:

_____ **Realistic**

_____ **Social**

_____ **Enterprising**

_____ **Investigative**

_____ **Conventional**

_____ **Artistic**

My strongest (highest score) personality type is _____

My weakest (lowest score) personality type is _____

Click on Related Occupations from your strongest personality type and choose one career that most interests you. Which career is it?

Click on that career and answer the following questions:

List 3 **Interests** found for this career (Click on the Interests tab)

Is your strongest Personality Type one of the **Interests** listed for this career?

Yes No

Click on the **Experience** tab for this occupation. What **SVP Range** does it have?

List the SVP Range here: _____

Click on the **Salary** tab for this occupation. What is the median salary for this occupation in the United States? \$ _____

What is the median salary for this occupation in Pennsylvania? \$ _____

Why could there be a difference in salary for this occupation in Pennsylvania? What are a few possibilities? _____

Extra Credit: What does “Birds of the same feather flock together” mean?



Take the Learning Styles Quiz – What's *Your* Style?



Go to the **Discovering** section, click on “Learning Styles Quiz.” To take the quiz, click on the underlined phrase: “discovering your learning style.” Enter your name, answer 20 quick questions about yourself, and *see what kind of style you actually have!*

List your Learning Styles Quiz scores:

Auditory _____% **Visual** _____% **Tactile** _____%

Remember, everyone learns in different ways so no matter how you scored for each type of learning style, it's not right or wrong—it's just you! But, finding out how you learn best will make it easier for you to learn and to remember new information for the rest of your life.

Read the explanations for your first and second highest learning style scores and complete 2 of the next set of questions below; gain your answers from the information provided for each type of learning style.



Auditory Learners:

List 2 things you can do when you're studying at home to help you:

1. _____

2. _____



Visual Learners:

List 2 things you can do when you're studying at home to help you:

1. _____

2. _____



Tactile Learners:

List 2 things you can do when you're studying at home to help you:

1. _____

2. _____

Extra Credit: Think about the characteristics of all the learning styles. Name two careers that Tactile Learners might be especially interested in pursuing.

Fastest Growing Occupations – Explore!

Go to the “**Discovering**” section, click on “Fastest Growing Occupations” and review the list of careers. Choose one of the careers and click on it to collect information and complete the questions below:

The career I selected is _____

Circle the correct answer for each question below

People in this field work: Inside Outside Both

People in this field should enjoy working with: People Animals Machines All

People in this field must have a college degree: True False Don't Know

If True, which type of degree do they have: Associate Bachelor Master Other

People in this field will usually work: By Themselves With Others

People in this field will probably live near a major city or large town: True False

This field is considered most-closely related to which area:

Medical Business Education Other _____

Fill in the blank to complete the following questions:

What is the “median” salary in the US for people in this field? _____

Compare the US median salary to California, Pennsylvania and Texas. Which state's median salary is the highest? _____ Lowest? _____

Click on the **Experience** tab. What is this career's **Job Zone**? _____

Click on the **Abilities** tab. What are two types of abilities someone should have for this career?

Click on the **Interests** tab. What are two types of interests someone should have for this career?

Extra Credit: Describe how long it usually takes for someone to complete the following types of educational degrees: Associate, Bachelor, Master

Middle School Planning – Are You On Track?

Go to the **Discovering** section and click on the “Middle School Timeline” to read the planning advice that matches your grade level (sixth, seventh or eighth grade). Below, place a check mark beside the activities or preparation that you have already completed. If you have not completed every recommendation for your grade level, then you have some work to do! Get on it to stay on track!

Sixth Grade

- _____ Make sure you know your learning style – do you learn better by seeing, hearing, or doing? If you are not sure, take the **Learning Styles Quiz** here in this site.
- _____ Develop good study habits based on your learning style.
- _____ Be sure to attend school regularly, take it seriously, and get good grades.
- _____ Do your homework – homework is practice and this is how you improve.
- _____ Keep talking to your parents about what you are doing in school each day.

Seventh Grade

- _____ Participate in school activities such as music or sports.
- _____ Be active in clubs if you have the opportunity.
- _____ Keep doing your homework!
- _____ Begin looking at career options that interest you.
- _____ Take the **Career Key Assessment** here in this site to learn about your personality type, and then explore careers that fit your personality.
- _____ Review **Career Clusters** to see what general types of jobs might interest you (for example, business, computers, engineering, health, etc.)
- _____ Talk with your parents about career possibilities. You might even be able to “job shadow” by following them to work some day to see first hand what they do in their career.

Eighth Grade

- _____ Continue to develop very good study habits and organizational skills.
- _____ Keep doing your homework – homework is practice, and practice makes perfect!
- _____ Keep working hard to get good grades. It is important that you do well in ALL of your subjects, not just your favorites, so you get off to a good start in high school.
- _____ Take the **Self-Assessment Quiz** here in the site to learn more about your interests, strengths, and abilities.
- _____ Begin thinking about your education beyond high school – will you go on to college, to a career school, to the military? You have many options, and now is the time to begin exploring them. Use our **School Search** in this site to help you.
- _____ Consider the course selections you will be making for high school. Meet with your school counselor to discuss your ninth grade courses.
- _____ Talk with your parents about how your high school courses, your future educational plans, and your career plans all fit together.
- _____ Have your parents learn about financial aid opportunities that can help them pay for your college education. Have them visit the **Paying** section of this site.

Extra Credit: Identify two additional activities for each grade level that will help make planning for the future more successful.

Character Counts!

Go to the **Discovering** section and click on the “Character Development” section. Read the attributes that are listed so that you become familiar with them; these are positive things that you should strive to personally demonstrate every day.

The exercise below relates some character traits to specific professions. How many other careers you can add to each characteristic? For help, refer back to the “Careers” section in **Discovering**.

Awareness	Police Officer	Nurse	_____	_____
Caring	Doctor	Teacher	_____	_____
Confidence	Athlete	Attorney	_____	_____
Courage	Military Officer	Firefighter	_____	_____
Dependability	Chief	Salesperson	_____	_____
Effort	Construction Worker	Cosmetologist	_____	_____
Fairness	Judge	Auto Mechanic	_____	_____
Humility	Entertainer	Clergy	_____	_____
Politeness	Food Server	Barber	_____	_____
Respect	Coach	Principal	_____	_____
Sincerity	Social Worker	Banker	_____	
Teamwork	Manager	Professional Athlete	_____	

Extra Credit: Review the entire list of characteristics listed in Character Development and see how many you could assign to the following careers: Graphic Designer, Bus Driver, Veterinarian, Librarian, Electrical Engineer (Refer to the Career list for details about these positions)

First Generation Students

Go to the **Preparing** section and click on “First Generation Students” to review the information and complete the following exercises:

Circle the correct answer for each question below

1. “First Generation Students” is a new music band from New York City.
True False
2. Most jobs don’t require much education beyond high school.
True False
3. “Post secondary” schools include colleges, trade schools and high schools.
True False
4. You will automatically take “Core” courses in high school that will prepare you for any type of education you choose when you graduate.
True False
5. It’s a good idea to share your education and work ideas with your parents, caregivers and guidance counselor.
True False
6. It doesn’t really matter what type of English or math you take in high school, whatever you need to graduate will get you into a school of your choice.
True False

Fill in the blank to complete the following questions:

7. What is a FAFSA? Spell out each word that this abbreviation stands for.

8. An **audition** or _____ might be required if you are a Music, Dance, Acting or Art major in college.
9. List 2 things that you can do outside of class in high school that postsecondary schools might be interested in knowing about:

Extra Credit: Describe what “AP” means and find out if the high school you plan to attend offers this.

Employment Skills – Begin Building Them Now!

Go to the **Preparing** section and click on “Employment Skills” which lists the top skills that employers are seeking in workers. These are also skills that you can apply in your schoolwork. You can begin building and strengthening these skills now.

1. Circle any of the following words that do not describe someone with a **strong work ethic**?

Reliable Difficult Ambitious Challenging Diligent Tardy
Lazy Dependable Unpredictable Responsible Trustworthy

2. List two more tools or approaches that you can use to help you **manage your time** better

1. a calendar/date book
2. regular study times
3. _____
4. _____

3. Strong **problem solving skills** can be mostly developed in school through which courses:

Geography English Mathematics Physical Education

4. Having strong **communication skills** means that you can speak and write in a second language:

True False

5. If you have good “**people**” **skills** it means that you can work without any supervision because people can rely on you:

True False

6. What types of activities or practice will help you develop your computer skills?

1. _____
2. _____
3. _____

Extra Credit: List five activities, hobbies, classes, sports, etc. that you are involved in that are helping you to develop desirable employment skills?

Study Skills – Fill in the Blanks

Go to the **Preparing** section and click on “Study Skills Tips.” Review the information for each of the types of skills described. Some tips from each type of skill are listed below. See if you can fill in the blanks to finish the sentences below.

STUDY SKILLS

1. Quiet background _____ might help you stay focused while you are studying.
2. Study with a friend or a group of friends. Compare _____ and ask each other questions.
3. Know what your _____ is, and study in a way that best matches your own learning style.

ORGANIZATIONAL SKILLS

1. Use things like outlines, charts, or _____ to help you organize and learn new material. You'll be reviewing the material while you are making these tools, and you'll have them to use later when it's time to study for tests.
2. Use a planner to keep track of homework assignments, tests and projects. _____ in your planner every single day so that it becomes a habit!
3. Keep a notebook or folder for all your notes and homework assignments. You might need one for each _____ to make things easier.

TIME MANAGEMENT SKILLS

1. For each study period, decide what you want to _____ and how long you will spend on each subject or assignment.
2. Break your workload down into manageable chunks and take your _____ one step at a time.
3. Don't procrastinate (that's a big word that means _____). Give yourself plenty of time to get things done by planning ahead and sticking to a schedule.

TEST TAKING SKILLS

1. Be _____ before taking tests.
2. Don't _____ for tests! It's OK to spend extra time studying the night before a big test, but don't try to learn EVERYTHING that night.
3. DON'T PANIC. Just tackle one _____ at a time. If a question is too hard, skip it and come back to it later.

NOTE TAKING SKILLS

1. Don't try to write down everything the teacher says. Focus on the _____ ideas.
2. When you're taking notes, use your own _____.
3. Keep your notes _____. They will be as important as the text book.

STRESS MANAGEMENT SKILLS

1. Don't sweat the small stuff. Try to _____ your activities, and focus on the most important ones.

Extra Credit: List all of the classes you have and order them from hardest to easiest. Which ones should you study the most for?

College Search Fun

You have lots of time to decide whether or not you'll be attending college! But you can become familiar now with the different types options so that you can begin to think about which schools and type of education will help you to meet your future goals. As you progress through your academic career, continue to think about these options and keep an open mind!

Go to the **Selecting** section and click on "Criteria to Consider." There are 12 main characteristics of educational options listed in blue, but only four are used for this exercise. To complete this activity, go to "Undergraduate Search/School Search" to use the keyword search to look up the schools listed below. Match the schools to their corresponding characteristic with the correct letter (A. B. C., etc.).

Affiliation

- | | | |
|------------------------|-------|---|
| A. Public | _____ | Wake Forest University |
| B. Private-Independent | _____ | Millersville University of Pennsylvania |

Size

- | | | |
|--|-------|-------------------------------------|
| A. Very small
(fewer than 1,000 students) | _____ | Penn State University (main campus) |
| B. Medium
(4,000 to 8,999 students) | _____ | Bethany College |
| C. Very large
(more than 20,000 students) | _____ | Boston College |

Community

- | | | |
|-------------|-------|---------------------------------------|
| A. Rural | _____ | Duke University |
| B. Suburban | _____ | Syracuse University |
| C. Urban | _____ | Lock Haven University of Pennsylvania |

Athletics

- | | | |
|-----------------|-------|----------------------------|
| A. Division I | _____ | Carnegie Mellon University |
| B. Division II | _____ | University of Tampa |
| C. Division III | _____ | Barnard College |

<i>Extra Credit: Which schools above are <u>not</u> located in Pennsylvania?</i>

Internet Safety, Just for Kids



The internet is a fun place to explore, to learn and to keep in touch with friends and family. But, it's important to keep in mind some safety measures about your internet use; Put this list near your computer to be sure that you always have safety in mind when you're 'surfing.'

Make sure you don't respond to emails or attachments from senders that you don't know or email addresses that you don't recognize. Attachments could contain a computer virus or material that will make you feel uncomfortable.

Tell a parent, teacher or trusted adult when you see something on the internet that makes you feel uncomfortable.

Never give your real name, address, telephone number or other personal information including your school name or birth date to someone you meet online.

If you meet someone online who suggests that you don't tell your parents about them or about a secret, tell your parents right away. No one should ask you to keep anything from your parents.

Don't put photos of yourself, family or others you know online. These photos can be used inappropriately, in ways that you did not intend.

Never agree to meet with someone you meet online. As much as you have talked with cyber pals, they are still strangers. Tell an adult if you are asked to meet in person with someone you only know from chatting online.

Before you buy anything online or before you provide personal information on a website, ask your parents first.

Be sure to remember that people can write anything about themselves when they are on line. Since you can't see or hear them, people you are chatting with could describe themselves dishonestly. For example, you may have been told you are chatting with someone your age who is actually an adult.

Be careful how you express yourself on line. Your language and humor can easily be confused. Also, do not send "flames" to cyber bully someone. That could get you in trouble at home and at school and these types of messages are hurtful.

If you come across an adult-only website, even by accident, leave the site immediately.

